

# Group Exercise Schedule

Kettering Recreation Complex January 2 – April 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:15-8:25 a JJ <b>TRX DEEP STRETCH</b>	5:45-6:45 a JJ <b>CYCLE</b>	5:45-6:45 a Beverly <b>TRX</b>	5:45-6:45 a Bridget <b>CYCLE</b>	5:45-6:45 a Beverly <b>WEIGHTS</b>	7:45-8:55 a Kevin <b>BOOT CAMP</b>
8-8:55 a Kimmy <b>BOOT CAMP</b>	8-8:55 a JJ <b>BOOT CAMP</b>	7:30-8:25 a Kelly <b>POWER PLYOMETRICS</b>	8-8:55 a Ben <b>BOOT CAMP</b>	7:15-8:25 a JJ <b>TRX DEEP STRETCH</b>	8-8:55 a Eileen <b>CARDIO CROSS TRAIN</b>
8:30-9:25 a Stephanie <b>TRX</b>	8-8:55 a Sherri <b>LENGTHEN &amp; STRENGTHEN</b>	8-8:55 a Kimmy <b>ZUMBA®</b>	8-8:55 a Sherri <b>YOGALATES</b>	8-8:55 a Larry <b>BOOT CAMP</b>	9-9:45 a Eileen <b>CORE CRUNCH</b>
8:30-9:25 a Becky <b>CYCLE</b>	9-9:55 a Robyn <b>YOGA</b>	8:30-9:25 a Stephanie <b>TRX</b>	9-9:55 a Stephanie <b>KICKBOXING</b>	8:30-9:25 a Stephanie <b>TRX</b>	9-9:55 a *RI <b>CYCLE</b>
9-9:55 a Kelly <b>WEIGHTS</b>	9-9:55 a JJ <b>PILATES</b>	8:30-9:25 a Nick <b>CYCLE</b>	9-9:55 a Kim <b>YOGA</b>	8:30-9:25 a Becky <b>CYCLE</b>	9-9:55 a *RI <b>WEIGHTS</b>
9:30-10:25 a Becky <b>TRX</b>	9:30-10:25 a Becky <b>CYCLE</b>	9-9:55 a Alexis <b>WEIGHTS</b>	9-9:55 a Becky <b>TRX</b>	9-9:55 a Alexis <b>WEIGHTS</b>	10-10:55 a Amy <b>ZUMBA®</b>
9:30-10:25 a Stephanie <b>CYCLE</b>	10-10:55 a Beverly <b>TRX</b>	9:30-10:25 a Nick <b>TRX</b>	10-10:55 a Stephanie <b>CYCLE</b>	9:30-10:25 a Becky <b>TRX</b>	10-10:55 a Eileen <b>TRX</b>
10-10:55 a Amy <b>ZUMBA®</b>	11:30 a-12:30 p Nick <b>PARKINSON'S CIRCUIT</b>	9:30-10:25 a Stephanie <b>CYCLE</b>	10-10:55 a JJ <b>PILATES</b>	9:30-10:25 a Stephanie <b>CYCLE</b>	
11-11:55 a Alexis <b>PILATES</b>	4:30-5:15 p Nancy <b>LAND INTERVAL</b>	10-10:55 a Amy <b>POUND®/ZUMBA®</b>	11:30 a-12:30 p Nick <b>PARKINSON'S CIRCUIT</b>	10-10:55 a Nancy <b>CARDIO CROSS TRAIN</b>	
4:30-5:15 p Nancy <b>STEP</b>	5-5:55 p Nick <b>TRX BOOT CAMP</b>	11-11:55 a Alexis <b>PILATES</b>	4:30-5:15 p Nancy <b>LAND AEROBICS/WEIGHTS</b>	11-11:55 a Alexis <b>POP PILATES®</b>	
5-5:55 p Eileen <b>TRX</b>	5:30-6 p Eileen <b>CARDIO CROSS TRAIN</b>	4:30-5:15 p Amy <b>HIIT</b>	5-5:55 p Nick <b>TRX BOOT CAMP</b>	5:30-6:30 p Eileen <b>TRX DEEP STRETCH</b>	
5:30-6:25 p Alexis <b>WEIGHTS</b>	6-6:55 p Nick <b>CYCLE</b>	5-5:55 p Nick <b>TRX</b>	5:30-6 p Ruth <b>AEROBICS</b>		
6-6:55 p Kevin <b>TRX</b>	6:05-6:35 p Eileen <b>WEIGHTS</b>	5:30-6:25 p Eileen <b>WEIGHTS</b>	6-6:55 p Nick <b>KETTLE-BOXING</b>		
6:30-7:25 p Alexis <b>POP PILATES®</b>	7-8 p Amy <b>POUND®</b>	6-6:55 p Nick <b>TRX</b>	6:05-6:35 p Ruth <b>WEIGHTS</b>		
7-7:55 p Kim <b>YOGA</b>		6-6:55 p Kevin <b>BOOT CAMP</b>	7-8 p Amy <b>STRONG BY ZUMBA®</b>		
7:30-8:25 p Kristen <b>ZUMBA®</b>		6:30-7:25 p Eileen <b>CORE CRUNCH</b>			
		7:30-8:30 p Amy/Kristen <b>ZUMBA®</b>			

## Sunday

Noon-1 p  
\*RI  
**TRX**

\*Rotating Instructor  
This schedule may change during your pass year.

# Group Exercise Schedule

Kettering Fitness & Wellness Center January 2 – April 5

## Monday

5:45-6:30 a  
Holly **CYCLE** 

9-10 a  
Patty **CYCLE** 

12-1 p  
Nick **BOOT CAMP** 

## Tuesday

9-10 a  
Elizabeth **CYCLE** 

3:45-4:30 p  
Ben **BOOT CAMP** 

## Wednesday

5:45-6:30 a  
Holly **CYCLE** 

8:30-9:45 a  
Becky **CYCLE** 

12-1 p  
Nick **BOOT CAMP** 

## Thursday

9-10 a  
Elizabeth **CYCLE** 

3:45-4:30 p  
Ben **BOOT CAMP** 

5:30-6:30 p  
Beth **CYCLE** 

## Friday

5:45-6:30 a  
Holly **CYCLE** 

9-10 a  
Beth **CYCLE** 

12-1 p  
Nick **BOOT CAMP** 

## Saturday

8-8:45 a  
Holly **CYCLE** 

*This schedule may change during your pass year.*

### **CARDIO**

#### **AEROBICS**

30-minute cardio workout combined with Zumba®, land aerobics and easy-to-follow dance moves set to fast paced popular fun music that you hear on the radio.

#### **BOOT CAMP**

High energy interval training that builds your strength and endurance using a variety of exercises and equipment. When weather permits, classes may be outdoors.

#### **CARDIO CROSS TRAIN**

Switch up your cardio training with a variety of workout styles to improve your overall fitness skills. This class will condition your entire body and work some muscles while others rest and recover.

#### **CYCLE**

Pedal your way through a heart-pumping ride along various terrains, speeds, and intensities motivated by music.

#### **HIIT**

Muscle focused body weight, conditioning, cardio and plyometric moves synced to music.

#### **KICKBOXING**

Cardio and martial arts in one. Get your heart rate up while learning kicks and punches.

#### **POUND®**

This exhilarating full-body workout uses Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into cardio, conditioning, and strength training.

#### **POUND®/ZUMBA®**

Start this class with 25 minutes of POUND® drumming cardio, and cool down with a Zumba® calorie-burning dance.

#### **STEP**

Get your heart rate up doing choreographed dance moves on the step.

#### **STRONG BY ZUMBA®**

Combines high intensity interval training with the science of synced music motivation in every class.

#### **ZUMBA®**

A Latin-inspired, calorie-burning dance fitness class that blends upbeat Latin, pop, and international rhythms with easy-to-follow moves for a total body workout that feels like a celebration.

### **STRENGTH**

#### **CORE CRUNCH**

A mix of Pilates, Yoga, and balance exercises to strengthen the core.

#### **KETTLE-BOXING**

Kettlebells' strong easy-to-grip handle make them easy to maneuver, promoting dynamic, fast moving weight training. Combined with the cardio of kickboxing, using punch bags, kicks and punches, this is a cardio/strength class.

#### **LAND AEROBICS / WEIGHTS**

Choreographed land aerobics moves with an added warm up and warm down portion using light hand weights.

#### **LAND INTERVAL**

Choreographed land aerobics moves with intervals of strength equipment such as fit balls, Dyna Bands, tubing and hand weights.

#### **LENGTHEN AND STRENGTHEN**

It's about the balance of strength and flexibility. Weights, fit balls and tubes are used to build muscle strength with an emphasis on stretching the muscles.

#### **POWER PLYOMETRICS**

Builds strength, endurance and flexibility with modifications for all fitness levels.

#### **TRX DEEP STRETCH**

Ending the Traditional TRX Class, a longer warm down deep stretch will be added to finish your workout.

#### **TRX**

Expect to be challenged! Suspension training uses your body weight to develop strength, balance, flexibility and core stability simultaneously.

#### **TRX BOOT CAMP**

Work your body head to toe switching between TRX training and traditional boot camp style exercises to crush an intense interval workout.

#### **WEIGHTS**

Develop strength and stamina through resistance training using your own body weight and a variety of equipment. All major muscle groups, including the core, are targeted using the latest research-based exercise methods.

### **MIND/BODY/FLEXIBILITY**

#### **PARKINSON'S CIRCUIT**

A class designed to combat the onset of Parkinson's symptoms by physical exercise. The class is designed for low to high mobility participants of all levels. Training includes: Boxing, TRX weight training, flexibility and balance.

#### **PILATES**

Perform mat-based movements with emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.

#### **POP PILATES®**

A powerful fusion of music, strength, and choreography that takes classical Pilates to the next level. POP Pilates is a dance on the mat.

#### **YOGA**

Connect your body and breath with synchronized movements that leave you feeling centered, grounded, and relaxed.

#### **YOGALATES**

Combines the benefits of both Yoga and Pilates including core strengthening, muscle toning, flexibility and stress reduction.